



Healthy**Body**Healthy**Life**  
with *Melissa Koerner*

Module 5 - Part I  
How to Motivate Yourself  
to Exercise



Copyright © 2020, Forward Fitness 360, LLC d/b/a/ Healthy Body Healthy Life

All rights reserved. No portion of this book may be used, reproduced or transmitted in any form or by any means, electronic or mechanical, including fax, photocopy, recording or any information storage and retrieval system by anyone but the purchaser for his or her own personal use. This book may not be reproduced in any form without the written permission of the publisher, except by a reviewer who wishes to quote brief passages in connection with a review written for inclusion in a magazine, newspaper or website and has written approval prior to publishing.

[HealthyBodyHealthyLife.com](http://HealthyBodyHealthyLife.com)

#### Professional Advice Disclaimer

The nutrition, exercise, and health information and activities described in this book were developed by the author and are to be used as an adjunct to improved health, fitness, and weight-loss. These programs may not be appropriate for everyone. All individuals, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in these programs. The author has been painstaking in her research. However, she is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.

## | MOTIVATE YOURSELF TO EXERCISE

### ***Here's your success checklist:***

- Focus on the FEELING exercise gives you.

*Remember...*

Exercising should never feel like an added chore—it should feel like a natural part of your lifestyle and something you ENJOY. Do activities that make you feel good physically, mentally and emotionally.

***What physical activities do you enjoy? How do they make you feel? What kinds of physical activities do you want to be able to do with your friends and family for the rest of your life? List your answers below.***

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



- Set realistic expectations around exercise.

***How much movement each day can you commit to? (The ultimate goal is a minimum of 30 minutes of movement total). What's your starting goal? Write your answers below.***

---

---

---

---

---

---

---

---

- Make the Commitment Now to Get Moving!

***Write down your exercise plan for the next 30 days. What exercise(s) are you going to do? What days will you do them and for how long? What's your start date? Write your answers below***

---

---

---

---

---

---

---

---

**IT'S TIME TO GET MOVING!  
YOU CAN DO THIS!**